

How to LIVE

ONE DAY

To GOD.

When you first awake.

WHEN 'waking in the morning say,
O Lord preserve my soul to-day ;
From every evil set me free,
And give me power to live to thee :
Accept my praises with my prayer,
For thy protecting love and care,
Who plac'd thine angels round my bed,
To skreen from harm my naked head.

When arising from your Bed.

O LORD as from my bed I rise,
So may my body mount the skies,
With joyful speed at the great morn,
When it shall from its dust return.

Putting on your Clothes.

AS now I put my raiment on,
 O grant thou co-eternal Son,
 That in thy righteousness array'd,
 I may at last lift up my head.

Leaving the Room.

SWEET Jesus soon my guardian be,
 And give me power to live to thee;
 My soul, my body both protect,
 And all my works and ways direct.

Washing your hands.

WATER indeed may clean the skin
 'Tis only thee can wash out sin;
 That I with thee may then have part,
 Lord wash my hands by head and heart.

At Breakfast.

O LORD, whene'er I taste thy food,
 May I be mindful of thy blood,
 Through which the bread of life is giv'n
 To saints on earth and all in heav'n.

After Breakfast.

GLORY, blessing, thanks, and honour,
 Be unto the bounteous doner;



Whose all liberal hand supplies,
All that fill Earth, Seas and Skies.

Going to School or Labour.

O Lord, direct my heart and hand,
To think and act by thy command;
And let it be my great concern,
Thy holy law to love and learn;
Seeking for perishable food,
Let me not sin against my God;
Let not vain things have all my heart,
Not worthy of the smallest part.

At Labour.

IN honest labours while employed,
In part to do the will of God;
O let thy blessing now come down,
My honest industry to crown.

Returning from your labour at Noon.

THE fiery Chariot of the Sun,
Now half its radiant course hath
run,
May I thus haste towards my goal,
Till days and hours shall cease to roll.

Before Dinner.

O Lord, thou hast a table spread,
Vouchsafe to sanctify our bread;

And let the noble gift be given,
The Bread which cometh down from
Heav'n.

• *At Dinner.*

O LORD, the riches of thy grace,
Demand my most exalted praise;
That every blessing cries aloud,
Give glory to the doner, God.

After Dinner.

O LORD thou hast my body fed,
Vouchsafe to give me living bread;
And grant that I sustain'd thereby,
May live with thee eternally.

Returning to Labour.

RETURNING to my labour Lord,
Thy further help to me afford;
Support me still this afternoon,
And keep me till my work be done.

At Labour.

SEND down thy blessing, Lord I pray,
On what remains to do this day,
And grant my great design may be,
Whate'er I do, to do't to thee.

Retiring from Work.

AS now I lay my business by,
 Grant dearest Lord that when I die;
 My task of life as this day's toil,
 May be accepted with thy smile.

Having got Home.

RETURNING to my earthly home,
 My friends with joy I see;
 Sweet Jesus when I'm called hence,
 May I thus meet with thee;
 And in thy blest eternal home,
 A refuge find from every storm.

In the Evening.

THE globe of golden light gone down
 How quick the ev'ning shades come
 The Earth a dreary waste appears, (on,
 And all the gloomy aspect wears.
 Thus thy blest influence if withheld,
 My soul with gloom and darkness fill'd,
 I grope for happiness in vain,
 Till thou my light return again.

Before Supper.

FORBID it, Lord, that I should sup,
 And then like Judas, give thee up;

And sinning my dear Master sell,
 Dooming thereby my soul to hell :
 Rather like John, let me recline
 My head, on that dear breast of thine ;
 At once receiving from my God,
 A blessing to my soul and food.

At Supper.

O LORD come now and sup with me,
 And grant that I may sup with thee ;
 Come fill my heart with thy rich grace,
 And loose my tongue to sing thy praise.

After Supper.

O LORD I thank thee for this food,
 I bless thy name for every good ;
 Thou kindly does my wants supply,
 And always hears thy children cry.

Entering your Bed Room.

NOW Lord I leave the busy crowd,
 And would retire to thee my God ;
 O dearest Saviour hear me pray,
 Forgive the evils of this day :
 Blot out my ever wilful sin,
 And what in thy pure eyes have been
 Imperfect, or might be abhorr'd,
 By thee, O holy, holy Lord.

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Undressing.

E'ER long I must uncloath'd appear,
Before the Lord's impartial bar;
And disembodied there await,
The sentence of my final state:
But oh! dear Saviour, let me not,
Be there found naked and forgot,
By thee, my Lord, but let my dress,
Be thine all-perfect righteousness.

Lying down in Bed.

SWEET Jesus on thy downy breast,
My head reclin'd, oh! may it rest;
My pillow thy dear bosom be,
My kind protector Saviour thee:
If fancy rove in airy flight,
Conduct it to the realms of light:
And in the midnight gloom display,
The glories of eternal day.

Waking in the Night.

O LORD thy guardian care I bless,
Thy servant thou hast kept in peace,
Still keep me in the midnight hour,
From the Seducer's boasted pow'r;
Nor sleep nor darkness know thine eyes,
No subtle foes can thee surprize;
Therefore in quiet shall they sleep,
Whom Israel's God vouchsafes to keep.

An H Y M N.

A Wake, my soul, awake and sing,
 To God that reigns on high :
 Ten thousand thousand praises bring,
 To him that rules the Sky :
 Hosanna in the highest strains,
 That mortal breath can raise,
 But you who fill the heav'nly plains,
 Shall give him nobler praise.
 Ye Angels that behold his face,
 To praise one God conspire ;
 But did you know redeeming grace,
 Ye'd raise your voices higher.
 Ye spirits bless'd who have won the race,
 And drink the living stream :
 Join in the great Redeemer's praise,
 And sing his sovereign name.
 Ye mortals learn to lisp the song,
 And tell the charming tale ;
 To echoing hills the sound prolong,
 And waft it through each vale.
 All praise to our God most high,
 Who ruleth in the Skies :
 To Son, and Holy Ghost likewise,
 Let's bring our sacrifice.

F I N I S.